

HISTORY OF RAYMOND
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In the sleigh or wagon, put quilts and heated rocks in to keep herself and baby warm, as she drove eleven miles to town for groceries and supplies.

"One evening about 8 o'clock", she continued, "Apostle John W. Taylor and John T. Smellie knocked on the door, then opened it. Brother Taylor said, without any further comment 'Sr. Meeks, got any bread? Yes lots of it. Brother Taylor said, 'Got any milk?' Yes, was the reply. 'Well, will you give two hungry men a bowl of bread and milk?'

Another time, 18 cold and hungry men were riding the prairie, looking for lost cattle, stopped at the ranch for breakfast. Mrs. Meeks proceeded to fry bacon and eggs and to make a large pan of biscuits which the hungry men ate with much enjoyment. Several years later Mrs. Meeks met some of those same men and one of them said to her as she recalled that cold morning and the breakfast "Right to this day I can taste that good breakfast, especially those delicious hot biscuits."

Not only did Mrs. Meeks cook appetizing meals for hungry men but she milked cows and she and Mrs. McClellan even made cheese.

In 1848 Mr. and Mrs. Will Meeks were called on a full term mission to Lincoln, Nebraska and were there when the first Armistice was signed. On the 11th of January 1848 her sister, Mrs. James Meeks passed away and the missionaries were released to come home and care for the motherless children. When Laphiel Baker's mother passed away Mrs. Meeks also took her to raise. At one time she had twelve children going to school at the same time.

If I insist, then you resist, and there's a clash.

Banff Carnival Queen



—Central Press Canadian
Joyce Morrison, 19-year-old blonde student of University of British Columbia, who was chosen queen of the annual winter carnival at Banff, Alta. She headed a colorful parade through the mountain resort to open the four-day festivities.

Here's Mineral Which Produces Uranium



—Central Press Canadian
This pitchblende ore from the 212E foot depth of the International Uranium mine was assayed by the Ontario government at 13.5 per cent uranium. When completely broken down this 21 pound sample of pitchblende will give approximately 3 pounds of uranium U308. Mary Malcolm, pictured with the pitchblende sample above, had to turn down the count of the Geiger on this one. Responding to the presence of radio-activity, the Geiger click became almost a roar. Pitchblende is the material from which uranium is derived.

CANADIAN
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Cleaning Up.

Fire is a good friend of the gardener in cleaning-up and getting ready for the new season but, like all drastic remedies, it can also be abused.

As soon as the snow goes, or possibly even before, it is always a good thing to get all old weeds, brush and dry grasses cleared away and burned. It takes a lot of time to disintegrate and usually it contains a lot of weed seeds that are best destroyed.

Where at all possible burning should be done where the ashes can be worked into the soil. These ashes contain a little potash which is one of the essential fertilizer materials. A good supply of the same can be obtained when the ashes from the fireplace especially where hardwood is burned, are spread over the soil. Coal ashes, on the other hand have no much value as a fertilizer but they will help open up heavy soil. From the Compost Heap.

Later on when growth starts, green weeds, leaves and other trash should all be piled up in a corner of the garden, covered with a few layers of soil and if obtainable some manure. If watered occasionally and perhaps treated with some of the special humus-making chemicals this material will break down rapidly and make the finest sort of garden soil. Most experts regard the compost pile as an essential part of their gardens. Almost anything that will rot can be incorporated. Where the pile is larger it can be screened with some quick-growing annuals or

some permanent shrubbery. Miniature Greenhouses.

In recent years there have appeared on the market little waxed paper caps. In shape and size these resemble the old-fashioned straw hat or "cow breakfast". By using them the gardener can get a fortnight to a month start with such things as melons, tomatoes, cabbage and other tender plants that normally cannot be set outside until all danger of frost is over.

Little beds about a foot across are made, the seeds sown or the plants set out and then the whole is covered with the paper cap, anchored fast with a bit of soil or a stone or two. In these beds too can be planted very early a bit of lettuce or a few radishes. The paper cap acts as a green house, protecting from late and even severe frosts, and pushing growth along weeks ahead of normal.

Something Will Grow

No matter how unfavorable the location there is some flower, vegetable or shrub that will thrive in it. Some flowers, vegetables and certain varieties of grass actually prefer shade, some want acid soil rather than sweet, some like heavy clay better than loam or sand. The thing

in planning is to consider these special likes and dislikes, then to select those plants that suit ones special location.

Most vegetables, however, are pretty keen on a generous amount of sun, but they have distinct likes and dislikes in the matter of soil. For deep-rooted carrots, potatoes, etc., it is important that the soils be fairly loose at least a foot down. Certain types prefer sandy soil to clay. But no matter what the soil is to start, with by a little planning and care one can change it fairly easily.

COLORFUL FOODS

The gay table can be the good table, according to nutrition experts. Green and red and yellow and orange are favorite colors with the people who know their food values. "Something crisp-something colored" for summer, say they.

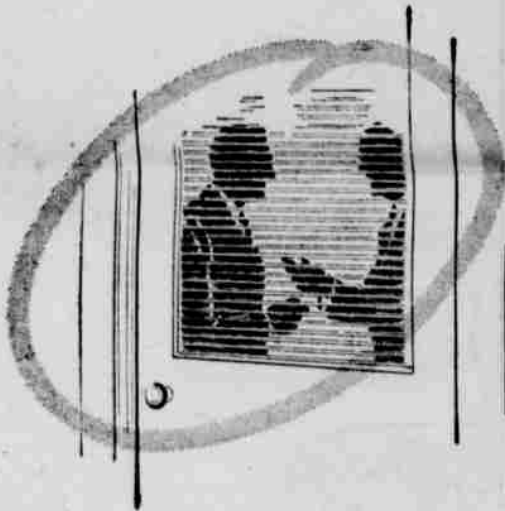
At this time of year the special lots in dietary suggests that tables should be loaded with glistening leaves of lettuce, ice-cold celery, tall glasses of chilled orange juice bowls of cold-on carrots tender green peas, beans and leafy vegetables, and red tomato juice.

Try these for tasty goodness

French or Vienna Bread, Bismarks, Crusty Rolls
Honey Dip Doughnuts

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Alaskans Wear Parkas With Evening Dress



—Central Press Canadian
Mr. and Mrs. Jack Jefford of Anchorage, Alaska, are shown in Regina, Sask., en route to Mexico City, where they plan to have a holiday. Despite Regina's blustery day they were warm and comfortable in their fur parkas and were amazed to find Regina's shivering in their collarless coats. "Fur parkas are indispensable in Alaska, even over formal evening wear," stated Mrs. Jefford. Mrs. Jefford owns a curio shop in Anchorage, largest city in Alaska, with a population of 15,000. Her husband files for the Civil Aeronautics administration there.

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